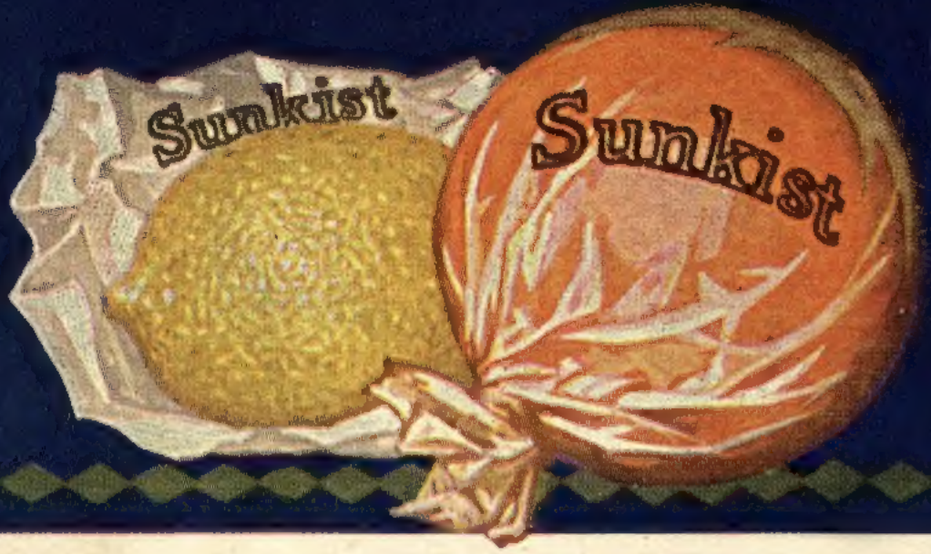
Sunkist Fruit Salad

Busy-Day Salads *and* Desserts

by Alice Bradley



Star Salad
New York Salad
Watercress Salad
Orange Shortcake

Busy-Day Salads and Desserts

By ALICE BRADLEY

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WITH Sunkist lemons and oranges in the house the housekeeper need never be at a loss for something delicious in the way of a salad or a dessert. Lemon juice supplies the acid for any kind of a salad dressing. Oranges alone or combined with fruit, fresh, canned or left over, with nuts or with cheese, and served on lettuce, romaine or watercress, provide a salad that may be used for dessert as well.

The present day dictum of the doctors is, "Serve plenty of fruit and vegetables and a salad every day." What is better than an orange salad with different garnishes to prevent monotony? These foods supply the vitamines that are essential to perfect nutrition and health, and at the same time make a dish satisfying alike to eye and palate.

Sunkist oranges served as they are purchased are always satisfactory for dessert, whether used for luncheon or for dinner, and need entail no labor on the part of the housekeeper. With a little trouble, oranges may be pared and sliced and sprinkled sparingly with sugar. They may be combined with other fruits, such as peaches, strawberries, bananas and apricots. They may be sprinkled with shredded coconut or served with marshmallow cream or whipped cream.

The sections free from membrane may be placed on an individual glass serving plate with a mound of powdered sugar in the centre.

PUBLISHED BY THE CALIFORNIA FRUIT
GROWERS EXCHANGE, LOS ANGELES

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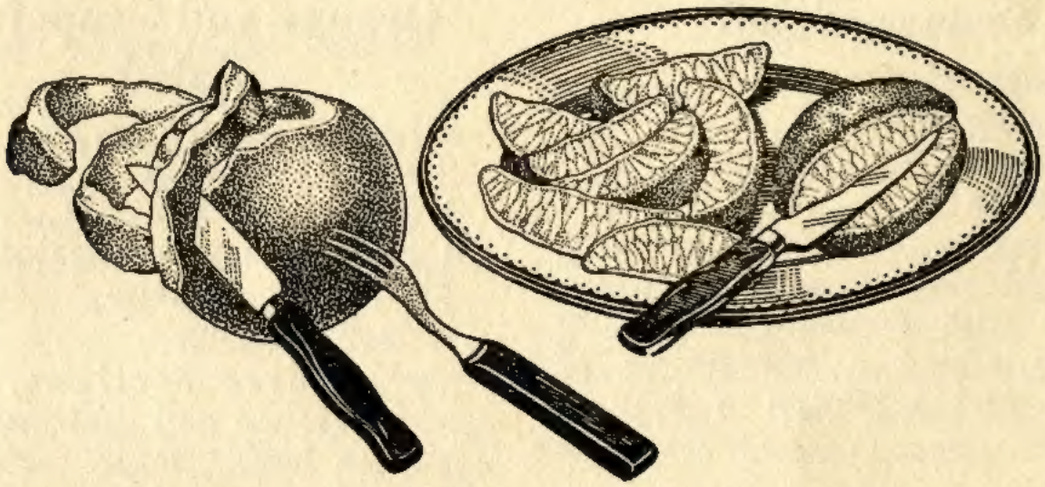


To Remove Pulp From Sunkist Oranges

ORANGE pulp whether used in salads or desserts is best if free from all tough white membrane.

Pare the orange with a sharp knife, removing every particle of the thin inside membrane with the peel. This will leave the orange pulp exposed. Hold the orange over a plate, so that any juice which may drop will be saved. Insert the point of the knife at the stem end of the orange, close to the membrane that divides the sections. Carefully work the knife in, separating the membrane from the section. Then carefully separate the section of orange from the membrane on its other side; remove the whole orange section, complete in shape, and entirely free from membrane. Repeat until all the sections are removed.

In pressing the juice from Sunkist Lemons and Oranges, the glass, china or aluminum squeezers are best and most convenient.

When recipes call for grated rind of Sunkist Oranges or Lemons, it is important that care be taken to remove only the yellow portion.

Orange and Lemon baskets, shells and cups can be used for serving salads and desserts. The meat of the fruit should be removed with a teaspoon, and the edges cut with a sharp knife, scissors, or one of the patent cutters.

NOTE: In these recipes all measurements are made level. Measuring cups, divided into thirds and quarters, are used, and tea and table measuring-spoons. Cups of dry material are filled to overflowing, by putting the material into the cup with a tablespoon, and are then leveled off with a knife. Tea and tablespoons are filled heaping with dry material, and then leveled off with a knife.

Most of the recipes in this book are proportioned to serve four people.

Busy-Day Salads and Desserts

Orange Salad

2 Sunkist oranges
Few grains mustard
French dressing
Watercress

Pare oranges, cut in very thin slices, and slice these in quarters. Marinate with French Dressing, to which is added a few grains of mustard, and serve on a bed of watercress.

Orange and Apple Salad

4 Sunkist oranges
1 apple
Sunkist French dressing
Lettuce

Cut Sunkist oranges in shape of baskets with handles. Remove pulp in as large pieces as possible, mix with apple pared, cored and cut in small pieces and with Sunkist French dressing. Fill baskets and serve on lettuce leaves.

Orange and Peanut Salad

1 banana
2 Sunkist oranges
½ cup peanuts
Lettuce
French dressing

Remove skin from banana; scrape, and cut in quarters and thirds, and roll in peanuts, finely chopped. Pare oranges, cut in slices; stamp out center and insert a piece of banana through each slice. Arrange on bed of lettuce and serve with French dressing.

Orange and Grapefruit Salad

2 large Sunkist oranges
2 small grapefruit
1 green or red pepper
1 head lettuce or romaine
Maraschino cherries
French dressing

Arrange three sections each of Sunkist orange and grapefruit alternately on lettuce leaves. Place fine strips of pepper between sections and a cherry at each end. Serve with French dressing.

Orange and Marshmallow Salad

2 Sunkist oranges
1 slice pineapple
8 marshmallows
¼ cup nut meats
½ cup white grapes
Golden salad dressing
Pimiento
Parsley
Lettuce

Cut oranges in two; remove pulp carefully; then pull out all membrane, leaving orange cups. Cut pineapple, marshmallows and nuts in small pieces; skin and seed the grapes before measuring, and mix all with orange pulp and a little salad dressing. Fill orange cups; cover with dressing, and cross two strips of pimiento on the dressing. Place one-half a grape on center of salad and a bit of chopped parsley between the strips of pimiento. Serve on lettuce leaves.

Busy-Day Salads and Desserts

Jellied Vegetable Salad

1 tablespoon gelatine
¼ cup cold water
1 cup boiling water
¼ cup sugar
6 tablespoons Sunkist lemon juice
1 teaspoon salt
½ cup celery, cut in pieces
½ cup shredded cabbage
½ cup cooked peas
1½ canned pimientoes

Soak gelatine in cold water, and dissolve in boiling water; then add sugar, Sunkist lemon juice, and salt. Strain, cool, and when beginning to stiffen, add celery (cut in small pieces), cabbage (finely shredded), peas, and pimiento (cut in small pieces). Turn into a mold, and put in a cold place to stiffen. Unmold, and serve on lettuce, with French dressing, to which has been added three tablespoons heavy cream, either sweet or sour.

New York Salad

4 slices pineapple
½ cup celery
½ cup nuts chopped
2 Sunkist oranges
Cream mayonnaise
Lettuce

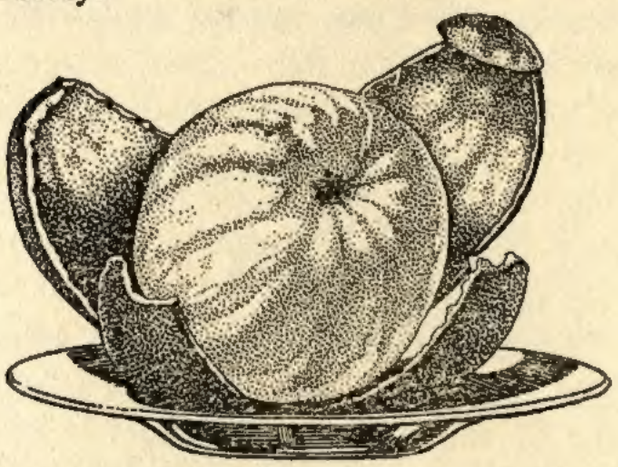
Arrange slices of pineapple on nests of lettuce leaves. Cut celery in slender strips, one and one-half inches long, and mix with nut meats. Pile in center of pineapple and garnish with four sections of Sunkist orange, free from membrane, laid symmetrically on pineapple. Pass dressing separately.

Star Salad

On individual plates of lettuce arrange, in star pattern, five sections of grapefruit, free from membrane; on these place five sections of Sunkist orange, free from membrane. Cut long, slender strips of figs, and place on edge of Sunkist orange sections. Fill spaces between orange star points with finely-cut dates. Serve with French dressing.

Watercress Salad

Take a nice heart of lettuce and garnish all around with slices of grapefruit and oranges. Between each slice of fruit place small quarters of tomatoes; in the middle of the heart place a julienne of cut celery and apples, and on top of the heart a small bouquet of watercress; all around the dish on the outside decorate with pieces of apple cut with a fancy vegetable cutter. Serve French dressing separately.



California Oranges peel easily.

Boiled Salad Dressing

½ tablespoon salt
1 teaspoon mustard
1½ tablespoons sugar
Few grains cayenne
1 tablespoon flour
2 egg yolks
1½ tablespoons butter or oil
¾ cup milk (sweet or sour)
¼ cup Sunkist lemon juice

Sift dry ingredients, add egg yolks and milk. Cook over boiling water, stirring until thick. Add butter and Sunkist lemon juice; strain, and cool.

Russian Salad Dressing

3 tablespoons mayonnaise dressing
2 tablespoons olive oil
1 tablespoon Sunkist lemon juice
1 tablespoon tomato catsup
1 teaspoon chopped green pepper
2 drops Tabasco or Worcestershire sauce

Add ingredients, very slowly, to mayonnaise dressing, stirring constantly. Use on lettuce and vegetable salads.

French Dressing

½ teaspoon salt
¼ teaspoon paprika
4 tablespoons oil
2 tablespoons Sunkist lemon juice

Mix ingredients in order given, and stir or shake thoroughly just before serving. A half-pint glass jar, with screw top, or a French dressing bottle, are best for mixing.

French Dressing may be varied by adding to it any one of the following:

Chopped hard cooked egg
Parsley, chopped
Chives, chopped
Red or green pepper, chopped
Pickles, chopped
Catsup
Table sauce
Onion juice
Cream, Roquefort or American cheese
Sweet or sour cream
Mayonnaise dressing

From one-half to two tablespoons may be used, according to taste.

Serve on lettuce, romaine and other simple vegetable salads.

French Fruit Dressing

To French dressing add three tablespoons candied fruit, using cherries, pineapple and plums.

Golden Salad Dressing

¼ cup pineapple juice
¼ cup Sunkist orange juice
2 tablespoons Sunkist lemon juice
⅛ teaspoon salt
2 egg yolks
⅓ cup sugar
2 egg whites

Mix pineapple juice, Sunkist orange and lemon juice, and salt, and heat in double boiler. Beat egg yolks until thick and lemon-colored, gradually adding one-half the sugar; then, while beating constantly, add hot fruit juices; return to double

boiler, and cook, stirring constantly until thick and smooth. Beat whites of eggs until stiff; add remaining sugar, and combine with first mixture just before removing from fire.

Cooked Mayonnaise Dressing

2 tablespoons flour
2 tablespoons sugar
1½ teaspoons salt
½ teaspoon mustard
Few grains cayenne
4 tablespoons Sunkist lemon juice
⅝ cup salad oil
½ cup hot water
1 egg

Mix dry ingredients in top of double boiler, add Sunkist lemon juice and two tablespoons oil, and stir until smooth. Add hot water and cook fifteen minutes over hot water, stirring until thickened. Cool, add egg yolk and beat while slowly adding remaining oil. Then fold in egg white beaten stiff. Use on any kind of salad.

Mayonnaise Dressing

(Not Cooked)

½ teaspoon mustard
½ teaspoon salt
½ teaspoon powdered sugar
Few grains cayenne
1 egg yolk
2 tablespoons Sunkist lemon juice
¾ cup salad oil

Sift together mustard, salt, sugar and cayenne; add egg yolk and one tablespoon Sunkist lemon juice. While stirring constantly, add, drop by drop, three teaspoons of oil; then add oil, in a fine, steady stream, beating with egg beater, and thinning occasionally with lemon juice, until all the oil and lemon juice are used.

Cream Mayonnaise Dressing

To Mayonnaise dressing, add, just before serving, one-fourth cup of heavy cream, beaten stiff.

Orange Cake

⅓ cup butter
1 cup sugar
2 eggs
½ cup Sunkist orange juice
Grated rind 1 Sunkist orange
1 tablespoon Sunkist lemon juice
1¾ cups flour
½ teaspoon soda

Cream butter; add sugar, gradually, and eggs, beaten until thick and lemon-colored. Sift flour and soda together four times; add alternately with combined fruit juices and rind to first mixture. Put in buttered and floured cake-pan, and bake in a moderate oven thirty-five or forty minutes. Cover with boiled Sunkist orange frosting.

The cake may be baked in layers and one of the following orange fillings may be used between the layers.

Boiled Orange Frosting

1 cup sugar
⅓ cup Sunkist orange juice
Grated rind 1 Sunkist orange
1 egg white

In a smooth agate saucepan put sugar and Sunkist orange juice and rind, mix well, and boil, being careful not to stir or disturb syrup until it will spin a long thread when it drips from tip of spoon. Lift gently from fire, and pour slowly, while beating vigorously with a strong egg-beater, in a fine stream onto egg white which has been beaten until light but not stiff. Continue beating until frosting is stiff enough to stay in place, pour all at once onto cake and spread over surface with a few movements of a large, flat knife.

Orange Cake Filling

Grated rind 1 Sunkist orange
½ cup sugar
2 tablespoons cornstarch
⅔ cup boiling water
2 tablespoons butter
1 egg
⅓ cup Sunkist orange juice
1 teaspoon Sunkist lemon juice

Put grated Sunkist orange rind, sugar and cornstarch in saucepan, mix well, pour on boiling water, and cook ten minutes, stirring constantly; then add butter. Pour mixture over well-beaten egg; return to saucepan; stir constantly, and cook one minute. Add Sunkist orange juice and Sunkist lemon juice; beat well, and when cool, use as a filling in layer cake.

Orange Filling

2 Sunkist oranges
2 large apples
1 cup sugar

Grate the rind and squeeze the juice of the Sunkist oranges, add apples pared and grated, and the sugar. Stir and boil fifteen minutes. Cool and use between layers of pastry or cake.

Orange Frosting

Grated rind 1 Sunkist orange
3 tablespoons Sunkist orange juice
1 teaspoon Sunkist lemon juice
1 egg yolk
Confectioners' sugar

Mix grated Sunkist orange rind with fruit juices and let stand fifteen minutes. Strain into egg yolk, beaten until thick and lemon-colored, and add sifted confectioners' sugar until of right consistency to spread.

Orange Shortcake

2 cups flour
1 teaspoon salt
4 teaspoons baking powder
4 tablespoons sugar
4 tablespoons shortening
½ to ¾ cup milk

Sift the dry materials until well blended. Rub in the shortening using a fork. Cut in just enough milk to make a soft dough. Put in greased cake pan, press with back of hand to shape of pan and bake twelve to fifteen minutes in hot oven. *(See filling on next page.)*

FILLING

6 Sunkist oranges
½ cup sugar

Wash the oranges, remove the skin, cutting off all white membrane. Cut the orange in half and cut in cubes of uniform size. Sprinkle with sugar, then spread between the prepared crusts. Serve with a sauce made with the juice of two oranges and three-fourths cup sugar.

Sunkist Orange Shortcake De Luxe

Sunkist Oranges
Sugar
2 cups flour
5 level teaspoons baking powder
1 level teaspoon salt
6 level tablespoons shortening
½ to ¾ cup milk
½ pint jar heavy cream
⅓ cup powdered sugar
½ teaspoon vanilla
Butter

Wipe as many Sunkist oranges as you care to use. Pare with a small sharp knife removing white membrane with the skin, then remove sections free from membrane. Sprinkle with one tablespoon sugar for each orange used and put in ice box or cold place. Put into flour sifter, flour, baking powder, salt, and one level tablespoon sugar and sift together twice. Add shortening and rub in lightly with the fingers. Add milk; just enough to make a soft dough. Put into a greased cake pan and bake twelve to fifteen minutes in a hot oven. Beat heavy cream until stiff, adding slowly the powdered sugar and vanilla. Split shortcake, place lower half on serving dish and spread generously with butter, cover with orange sections drained from juice and with whipped cream. Place other half of shortcake above the fruit, spread with butter, cover with orange sections, and garnish with whipped cream forced through pastry bag and tube and with sections of orange. Serve the orange juice separately as a sauce.

Sliced Oranges and Coconut

Pare Sunkist oranges, cut in slices and arrange in layers in glass serving dish. Sprinkle each layer generously with shredded coconut and sparingly with sugar. Serve very cold.

Oranges and Coconut
—a delicious combination

Lemon Jelly

1½ cups cold water
1 cup sugar
4 cloves
½ inch stick cinnamon
1½ tablespoons gelatine
2 tablespoons cold water
¼ cup Sunkist lemon juice
Few grains salt

Put water, sugar, cloves and cinnamon in saucepan; place on range; stir until sugar has dissolved, and bring to boiling point. Add gelatine which has soaked in cold water five minutes. Stir until gelatine has dissolved; then add Sunkist lemon juice and salt. Strain into a mold, rinsed with cold water, and chill. Spices may be omitted.

For Macedoine Pudding, add when jelly begins to stiffen, a mixture of fruits, cut in pieces and drained. Mold and chill.

For Lemon Sponge, when mixture begins to stiffen, beat with egg-beater until very light and frothy. Mold and chill.

For Jelly in Layers, divide jelly in three portions, and put one portion in bottom of mold. When firm, decorate, if desired, with candied cherries, and cover with a second portion of jelly, beaten until light. When that is firm, cover with a layer of plain jelly. Mold, chill, cut in slices, and serve. The different layers may be colored pink and green.

For Snow Pudding, add to lemon sponge the stiffly-beaten whites of two eggs. Mold, chill, and serve with boiled custard.

Orange Jelly

2 tablespoons gelatine
½ cup cold water
½ cup boiling water
½ cup sugar
1 cup Sunkist orange juice
3 tablespoons Sunkist lemon juice

Soak gelatine five minutes in cold water; dissolve in boiling water; add sugar, Sunkist orange and lemon juice, and strain into a mold. Put in a cold place to stiffen. Cut in cubes, and serve in orange baskets, or in half skins of oranges, cut in points or in individual dishes with or without whipped cream.

Orange Jelly, with Fruit

Remove sections free from membrane from three Sunkist oranges, and arrange five sections in the bottom of a mold, to form a star. Cover with orange jelly, and when firm, fill mold with orange jelly, mixed with remaining orange, cut in small pieces. Chill, and when firm, remove from mold, and serve with cream. Other fruits or a mixture of fruits and nuts may be used.

Oranges and Bananas
—a simple dessert

Lemon Bavarian Cream

¼ cup Sunkist lemon juice
1 tablespoon cold water
½ tablespoon gelatine
½ cup sugar
2 egg yolks
2 egg whites
½ cup cream

Put Sunkist lemon juice, cold water, gelatine and one-half the sugar in top of double boiler. When heated, pour over egg yolks, beaten with remaining sugar; return to double boiler, and cook, stirring constantly, until thickened. Remove from fire, beat occasionally, until cool; fold in egg whites, beaten stiff, and cream, also beaten stiff. Serve in sherbet glasses, garnished with maraschino cherries.

Lemon Milk Sherbet

Juice of 3 Sunkist lemons
1½ cups sugar
3 cups of milk
1 cup cream

Mix Sunkist lemon juice and sugar, and add milk and cream, gradually. Freeze, following directions for freezing given under Lemon Ice.

Milk or sour cream, in which has been dissolved one-half teaspoon soda, may be used in place of sweet cream.

Lemon Ice

3 cups water
1⅓ cups sugar
½ cup Sunkist lemon juice

Boil sugar and water five minutes; add lemon juice; cool, and strain into freezer. Pack with three parts ice to one part salt; let stand five minutes, then freeze until stiff. Remove dasher, pack mixture down into freezer, drain off salt water, repack freezer with four parts ice and one part salt, and leave to ripen until needed.

Orange Ice Cream

1¼ cups sugar
1½ cups Sunkist orange juice
Few grains salt
1½ cups milk
1½ cups thin cream

Mix sugar, Sunkist orange juice, and salt and add milk and cream gradually. Freeze like Lemon Ice and serve.

Orange Ice

2 cups water
1 cup sugar
⅓ cup Sunkist lemon juice
1 cup Sunkist orange juice
Few gratings Sunkist orange rind

Boil water, sugar and Sunkist orange rind five minutes; cool; add Sunkist lemon and orange juice; strain, and freeze, following directions for Lemon Ice.

Divinity Lemon Pie

Beat yolks of three eggs very light. To this add juice of one lemon and rind of two lemons, three tablespoons hot water, one-half cup

sugar and a large pinch of salt. Cook in double boiler until thick. Have whites of eggs stiffly beaten, add one-half cup of sugar to them and fold into cooked mixture. Fill pie shell that has been previously baked, place in oven and brown.

Sunkist Lemon Pie

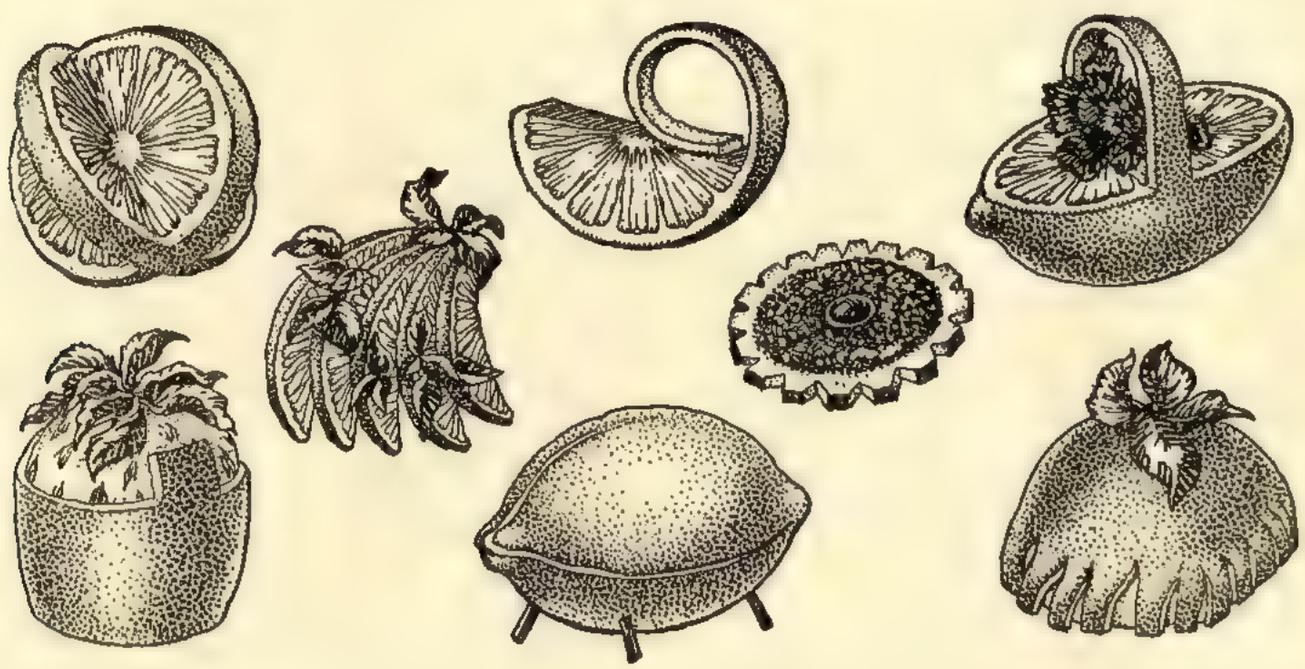
1 cup sugar
3 level tablespoons flour
4 level tablespoons cornstarch
⅛ teaspoon salt
1½ cups boiling water
Grated rind of 1 Sunkist lemon
Juice of 1½ Sunkist lemons
3 egg yolks
½ level tablespoon butter
Pastry crust

Mix sugar, flour, cornstarch and salt in top of double boiler, add boiling water slowly and stir and cook over the fire until boiling point is reached. Place over hot water and cook twenty minutes, stirring occasionally. Mix grated rind and juice of the Sunkist lemons and egg yolks slightly beaten, and add to the mixture in double boiler. Add butter and stir and cook two minutes. Cool and turn into a cooked pastry crust. Spread with Meringue and bake eight minutes in a moderate oven.

Eight-Minute Meringue

3 egg whites
7 level tablespoons sugar
Rind of ½ Sunkist lemon

Beat the egg whites until stiff, add gradually four tablespoons sugar beating vigorously, fold in three tablespoons sugar and grated lemon rind. Spread over the pie and bake eight minutes in a moderate oven.



Lemon Garnishes

Orange Pie Filling

1 cup sugar
⅓ cup flour
¼ teaspoon salt
Grated rind 1 Sunkist orange
1 cup Sunkist orange juice
Juice ½ Sunkist lemon
2 tablespoons butter
3 egg yolks

Mix sugar, flour, salt and grated rind; add fruit juice, and cook in double boiler ten minutes, stirring until thickened, and afterward, occasionally. Add butter and egg yolks beaten light; cook two minutes, and cool.
Put in baked pastry crust. Cover with Eight-Minute Meringue and bake in moderate oven until delicately browned.

Orange Fairy Fluff

4 egg yolks
4 tablespoons sugar
¾ cup Sunkist orange juice
Grated rind 1 Sunkist orange
Grated rind 1 Sunkist lemon
Juice 1 Sunkist lemon
2 tablespoons hot water
4 egg whites
2 tablespoons sugar
Lady-fingers

Beat egg yolks with four tablespoons sugar; add Sunkist orange juice and grated rind, Sunkist lemon juice and grated rind, and hot water, and cook in double boiler until mixture thickens, stirring constantly. Beat egg whites until stiff, add two tablespoons sugar, and fold into first mixture. Chill; line sherbet glasses with lady-fingers; fill with orange mixture, and serve.

Lemon Tapioca Sponge

½ cup quick-cooking tapioca
1 cup sugar
2 cups water
Juice 2 Sunkist lemons
2 egg whites

Put tapioca, sugar and water into double boiler, and cook, stirring often, until clear. Add Sunkist lemon juice and cook three minutes. When cool and beginning to thicken, add the stiffly-beaten egg whites, and beat well. Serve with boiled custard or heavy cream.

Orange Tapioca Pudding

¼ cup quick cooking tapioca
2 cups milk
2 egg yolks
½ cup sugar
½ teaspoon salt
3 Sunkist oranges
2 tablespoons sugar
2 egg whites
4 tablespoons sugar

Put milk and tapioca in double boiler; cook fifteen minutes; then add egg yolks beaten with salt and the one-half cup sugar. Pare Sunkist oranges; remove sections from membrane; put in bottom of baking-dish; sprinkle with two tablespoons sugar; pour tapioca mixture over oranges, and bake in moderate oven until custard is firm. Beat egg whites until stiff and beat in four tablespoons sugar. Spread over the pudding and return to oven until delicately brown.

Orange Caramel

6 Sunkist oranges
½ cup sugar
½ cup water
½ cup cream
Pistachio nuts

Pare Sunkist oranges, removing membrane with peel, and cut crosswise, in slices. Put sugar and water in a small saucepan, and boil, quickly, until sugar is a golden brown. Arrange layer of Sunkist orange slices in glass dish; sprinkle with sugar; pour over enough caramel syrup to form a thin coating over the orange; add another layer of orange and syrup; repeat until orange is used. Beat cream until stiff, pile lightly on the orange, and sprinkle with chopped pistachio nuts or walnuts.

Orange Bread Pudding

1 cup bread crumbs
2 tablespoons butter
2 cups scalded milk
2 egg yolks
⅓ cup sugar
Juice 2 Sunkist oranges
Grated rind 2 Sunkist oranges

Add bread crumbs and butter to scalded milk and soak thirty minutes; then add egg yolks, beaten with sugar, and Sunkist orange juice and rind. Pour into buttered pudding-dish, and bake in a moderate oven until firm. Cover with Eight-Minute Meringue.

Orange Puff Sauce

2 egg whites
Few grains salt
⅔ cup powdered sugar
1 Sunkist orange
½ Sunkist lemon

Beat whites of eggs and salt until very stiff; add sugar slowly, beating constantly; then add grated rind and juice of the orange and juice of the lemon. Serve with cottage pudding.

Orange Roly-Poly

2 cups flour
5 teaspoons baking powder
1 teaspoon salt
2 tablespoons shortening
¾ cup milk (scant)
2 tablespoons butter
½ cup sugar
4 Sunkist oranges
Grated rind 1 Sunkist orange
½ cup water

Mix and sift flour, baking powder and salt. With tips of fingers rub in shortening, and mix to a dough, with milk. Roll out one-half inch thick, and cover with small pieces of Sunkist orange pulp. Mix sugar, orange rind, and butter, and sprinkle two-thirds of it over the orange. Roll up; pinch ends together; place in baking-dish; sprinkle with remaining sugar, surround with water, and bake about thirty minutes. Serve with an orange or lemon sauce.

Coconut Bread Pudding

To Orange Bread Pudding add one-half cup shredded coconut, and sprinkle meringue with coconut before baking.

Economy Pudding Sauce

1 tablespoon cornstarch
Few gratings Sunkist lemon rind
½ cup sugar
1 cup boiling water
2 tablespoons Sunkist lemon juice
2 tablespoons butter
Few gratings nutmeg
Few grains salt

Mix cornstarch, Sunkist lemon rind and sugar; add water, gradually, stirring constantly, and boil five minutes. Remove from fire; add Sunkist lemon juice, butter and seasonings. Serve hot.

Orange Syrup Sauce

1 cup Sunkist orange juice
1 teaspoon grated Sunkist orange rind
1 cup sugar
Juice 1 Sunkist lemon
Grated rind ½ Sunkist lemon

Put ingredients into saucepan, and boil fifteen minutes. Skim, strain and pour into sterilized glasses. Use as a sauce on vanilla ice-cream or on puddings. This sauce, when sealed in sterile glass, will keep well, and will be found convenient to have on hand for emergency in the summer.

Orange Biscuits

2 cups flour
5 teaspoons baking powder
1 teaspoon salt
2 tablespoons shortening
½ to ¾ cup milk
16 small lumps sugar
1 Sunkist orange

Sift together flour, baking powder and salt; cut in shortening with a knife and add enough milk to make a soft dough. Roll three-fourths inch thick, cut out with small round cutter and place close together in greased pan. Grate the yellow rind from the Sunkist orange over the biscuits. Squeeze the juice, dip a lump of sugar into the juice and press into center of each biscuit. Bake in a hot oven.

Orange Fritters

2 Sunkist oranges
1 egg
¼ cup milk
½ cup flour
⅓ teaspoon baking-powder
½ teaspoon sugar
¼ teaspoon salt
½ tablespoon cooking oil

Beat egg until light; add milk, flour, sifted with baking powder, sugar and salt, and oil or melted butter. Beat until smooth. Pare Sunkist oranges, removing membrane with peel; cut in slices, and sprinkle with sugar and a few drops Sunkist lemon juice. Have deep fat, hot enough to brown a piece of bread while counting to sixty. Dip orange sections in batter mixture,

and fry in deep fat until puffed and brown. Do not fry too many at one time. Drain on brown paper; sprinkle with powdered sugar, and serve with orange sauce.

Candied Orange Peel

Remove peel from four Sunkist oranges in quarters. Cover with cold water, bring to boiling-point, and cook slowly until soft. Drain, remove white portion, using a spoon, and cut yellow portion in thin strips, using scissors. Boil one-half cup water and one cup sugar until syrup will thread when dropped from tip of spoon. Cook strips in syrup five minutes, drain, and coat with fine granulated sugar.

Orange Marmalade

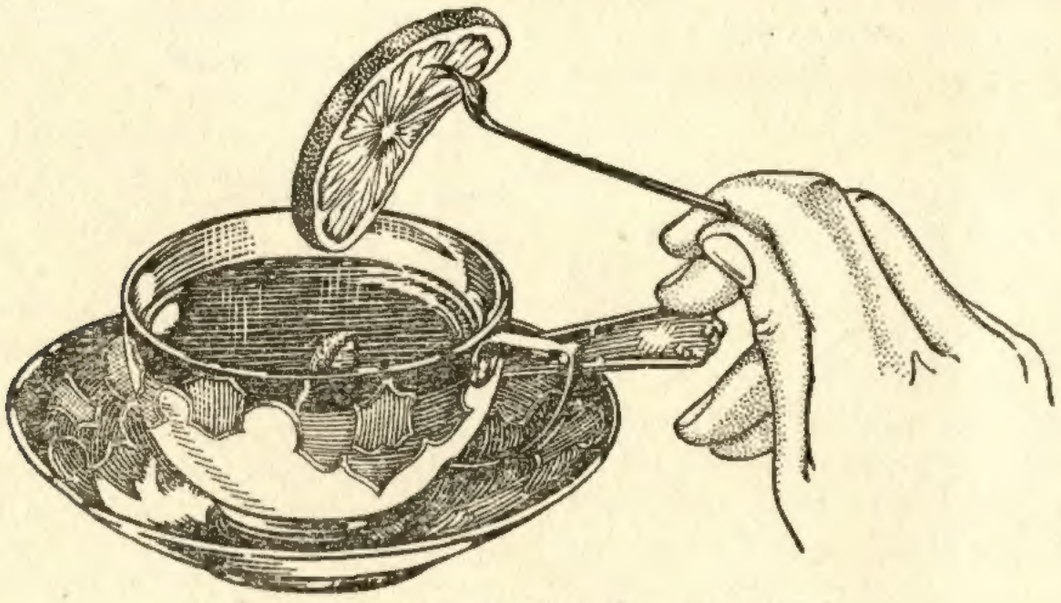
6 Sunkist oranges
1 Sunkist lemon
11 cups cold water
7 cups sugar

Peel oranges, removing all white skin, and slice thin. Slice lemon with rind on; cover oranges and lemon with cold water; let stand twenty-four hours. Then boil three hours; add sugar, and let boil one hour. Pour into glasses; cool, and cover. This recipe makes nine glasses of marmalade.

Orange and Lemon Marmalade

3 Sunkist oranges
2 Sunkist lemons
5 cups sugar
5 cups water

Wipe fruit, and cut, crosswise, in as thin slices as possible, removing seeds. Put into preserving kettle, add water, and let stand thirty-six hours. Place on range, bring to boiling point, and let boil (not simmer) two hours. Add sugar, and boil one hour. Turn into sterile glasses, let stand until firm, and cover with melted paraffin.



Lemons improve the flavor of tea

Breakfast or
Dessert Suggestions

Sunkist
Lemon Pie
Lemon Garnish
Serve Lemon
with Tea